

DINNERLY



Low-Cal Vegetarian Cobb Salad

with Cajun Chickpeas, Avo and Corn



25 minutes



2 Servings

This is our veggie version of the popular American chopped salad. For protein and delicious crunch, we've teamed Cajun-spiced, oven-roasted chickpeas with creamy avo, tomato and lightly charred corn.

WHAT WE SEND

- 1 baby cos lettuce
- 2 tomatoes
- 1 avocado
- chives
- 400g chickpeas
- 300g can corn kernels
- 5g Cajun spice blend ¹⁷

WHAT YOU NEED

- 1 tbs olive oil
- 2 tbs mayonnaise ³
- 1 tbs red or white wine vinegar ¹⁷
- 1 tsp honey

TOOLS

- oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

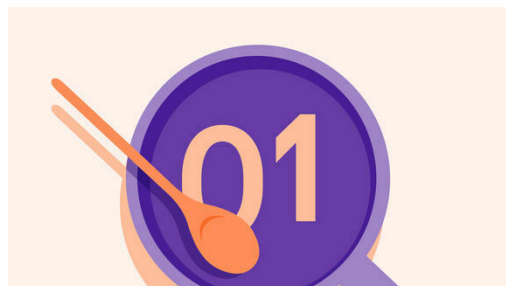
Is your avocado ripe? To speed up the ripening process, put the avocado in a paper bag with a banana, close loosely, then leave on the kitchen bench for a day or two.

ALLERGENS

Egg (3), Sulphites (17). May contain traces of other allergens.

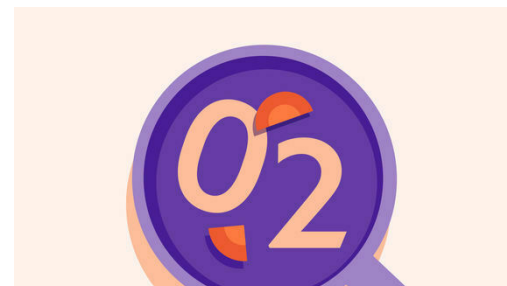
NUTRITION PER SERVING

Energy 550kcal, Fat 36.1g, Carbs 36.9g, Proteins 12.1g



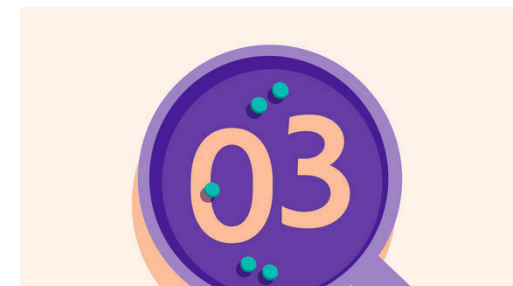
1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Coarsely chop the **lettuce** and **tomatoes**. Thinly slice the **avocado** (see Cooking tip). Finely chop the **chives**. Drain and rinse the **chickpeas**. Drain the **corn**.



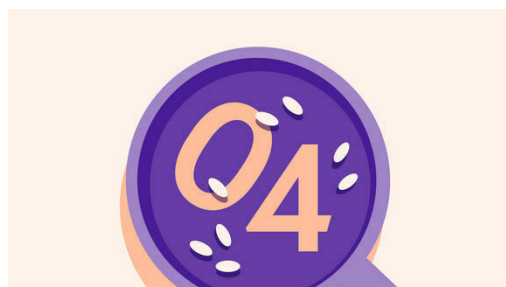
2. Roast chickpeas

Put the **chickpeas**, **2 tsp Cajun spice blend** and **1 tbs olive oil** in a large bowl. Season with **salt and pepper** and toss to combine. Spread the chickpeas over the lined tray and roast for 15 mins or until crispy (see Make it yours).



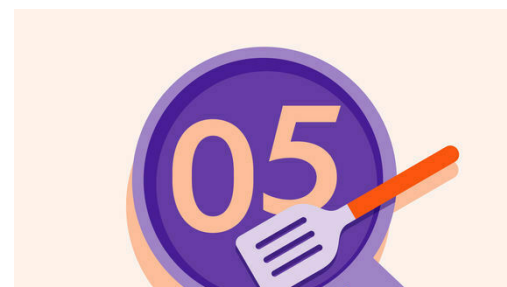
3. Char corn

Meanwhile, heat a medium frypan over high heat. Cook the **corn**, stirring, for 2-3 mins until slightly charred. Season with **salt and pepper**. Remove from the pan.



4. Make dressing

Put **2 tbs mayonnaise**, **1 tbs red wine vinegar** and **1 tsp honey** in a bowl. Season with **salt and pepper** and stir to combine.



5. Serve up

Divide the **lettuce**, **tomato**, **avocado**, **corn** and **chickpeas** among bowls. Drizzle with the **dressing**, sprinkle with the **chives** and enjoy!



6. Make it yours

If you want extra crispy chickpeas, continue roasting them for a further 10 mins. They'll add even more crunch to your salad!